

Island Life

2/7/8: Updated by Ms Maureen Lum, ISC Honolulu

Basic Facts about Hawai`i

In your Welcome Aboard Package, you'll find a number of publications

Commuting to Work On Oahu

Honolulu is a MAJOR metropolitan area. Highway H-1 (also called

Oahu highways haven't kept pace with new housing development, population growth, and multi-



with information about the history and other facts about life in Hawai`i. Even more information is available at the library or on-line. Here, we want to highlight just a few, important, basic facts.

Time Difference

The difference between Hawaiian Standard Time and Pacific Standard Time is 2 hours. Hawai`i does not observe Daylight Saving Time, thus when daylight savings is in effect (when most states "spring forward") the time difference to the West Coast is 3 hours; 6 hours to the East Coast. During standard time, it's 2 and 5 hours.

Lunalilo Freeway) is the one and only highway that runs east to Diamond Head and west to Barbers Point. Although Hawai`i has a good bus system, many people drive to work and rush hour traffic (0630-0900; 1530-1900) problems can develop. This is especially noticeable in early September, when nearly 250,000 students return to their classes.

Many commuters spend an hour on the road, if they live in the civilian community outside of Red Hill (aka KKH) CG Housing. Despite this, the traffic is usually moving, drivers are usually courteous, and the view is always great. If you're patient, it's not a bad commute compared to many others.

vehicle families. Although mass-transit rail and ferry systems are being studied, the best way to avoid commute delays is to arrange your schedule to travel during the off-peak times (if possible).

If you carpool, this time may be greatly reduced. See information about carpooling and the Zipper Lane under *Ways to beat the traffic*, below.

Commuters coming from the Windward side have three options to travel westward; the Pali, Like-like, and H3 Highways.

Ways to beat the traffic:

- ◆ Live closer to your work site
- ◆ Start your commute early, which means being on the normally congested highway areas 0600-0630.
- ◆ Bicycle. Honolulu has bike lanes--though not enough--especially in city traffic. Check with someone who bikes to work to get the best route.
- ◆ Bike & Bus. Honolulu busses have a bike rack on the front, so you can stow your bike during a bus ride portion of your commute.
- ◆ Carpool and Vanpool. There are express lanes on the highways for cars with two or more persons (driver plus one passenger). For morning town-bound traffic on the H1, buses, carpools, and vanpools with three or more occupants may use the contraflow *Zipper Lane*. Each weekday morning this lane is available from 0530 to 0900.
- ◆ Join city sponsored carpool/rideshare programs. Call 677-7433 (Central Oahu), 587-7433 (DoT), 848-5555 (City & County -The Bus schedule), 596-VANS (Vanpool Hawai'i), 692-7695 (State Rideshare).
- ◆ Rideshare: www.lotma.org
- ◆ Vanpool: www.vanpoolhawaii.com

Plain Talk About Life and Work in Hawai'i

Tropical Insects

Chances are you've never seen a five-inch centipede running in your kitchen or bedroom in California or North Carolina. The large insect population is a common complaint of people who don't realize that Hawai'i's great climate is great for bugs too! Ants, centipedes, roaches and mosquitoes can be troublesome.

Scorpions are also known to Hawai'i residents but, thankfully, are relatively infrequent and are a very small variety not considered to be lethal or as dangerous as those found in the Southwestern US. One of the important lessons newcomers learn is that food items, even packaged items like unopened crackers or cookies, can't always be stored on a cupboard shelf. Most people either put foodstuffs in the refrigerator, or double seal it in plastic bags or Tupperware containers. Keeping all counters, floors, etc. free of crumbs and leftovers is especially important here. Using some sort of insecticide periodically and keeping things clean should



keep things under control.

A helper in insect control in Hawai'i homes is the gecko lizard, who is considered good luck and often chirps at night while on mosquito patrol. For additional information on insect control in Hawai'i, see the *Dealing with Insects* article at the end of this section.

Youth Activities

Fortunately, Hawai'i has many child-oriented activities. School-age children can take advantage of school sports, band, or club programs. In addition, there are many programs sponsored by the military MWR departments:

Coast Guard MWR

CG ISC Honolulu 842-2953

Aliamanu Military Reservation (AMR) Central Registration Office (also services Ft. Shafter and Tripler) 833-5393

Child Development Care
Preschool
Before- & After-School Care (bus transports students to & from Red Hill Elementary)
Summer Care Program
Football
Soccer
Gymnastics
Ballet
Hula
Karate
Library

Pearl Harbor Boys & Girls Club of Navy Hawai'i

MWR Main Office: 471-8658
Sports Office: 474-3501/0392

Soccer
Baseball
Basketball
Football
Cheerleading
Ballet/dance
Piano
Hula
Sewing
Guitar
Karate
Team Programs – Torch Club

Hickam AFB Youth Center

Various Sports And Youth Activities. 448-6611
Hickam Community Center 449-3354

Girl Scouts Hawai'i Council

<http://girlscouts-hawaii.org/>
420 Wylie Street
Honolulu, HI 96817
595-8400

Boy Scouts Aloha Council

Boy Scouts of America
42 Puiwa Road
Honolulu, HI 96819
595-6366

Single Activities

If you are young and single, chances are that you'll never get bored if you enjoy the outdoors. Besides swimming at wonderful beaches, diving, sailboarding, golfing, sailing, hang gliding, surfing, and boogie boarding, there are many great hiking trails on the island. If you ever wanted to do triathlons, this is the place! There are plenty of nightclub activities too!

On the other hand, owning and insuring a car is a lot more expensive than in Texas or Virginia, and you can't drive more than an hour in any one direction before you get stopped by the Pacific Ocean.

It's a Long Way Back Home

If you are married and your spouse is afloat, visiting your mom or dad or sister in Massachusetts (home of the World Champion Boston Red Sox) suddenly becomes a \$1000 plane ticket. On the other hand, you'll probably find out that your friends and family suddenly don't mind visiting you, now that you are in Hawai'i! Sometimes others cannot afford to come and visit you either. Fortunately there is another option for all military members and dependents in Hawai'i. The Air Force Air Mobility Command (AMC), previously known as "MAC Flights," provide space-

available travel on Air Force aircraft bound for various destinations. Family members may travel to the mainland, without their military spouse accompanying them, with a letter from their spouse's command. The best part of the program is it's free. For more information, contact the AMC terminal at Hickam AFB at 449-1515 / 1854.

Shopping

Oahu residents have access to cheaper groceries by shopping at military commissaries, use of free military health clinics, many military exchanges and numerous shopping malls.

Stores like Costco, Wal-Mart, and Sam's Club have discount prices. Even the neighbor islands have warehouse-type stores.

Neighbor Island Life

If you live on the neighbor islands, you won't have many military facilities and will be shopping and getting medical care alongside your local neighbors. But you'll be living in a Hawai'i with a more relaxed, unhurried lifestyle--and be closer to the spirit of *aloha*. It's also the place that local Oahu residents escape to for their short vacations. Each Hawaiian Island is unique and very special in its own way.

Personal Goals

What are your personal goals and needs during your tour in Hawai'i? If you are young and single, they might be very simple: Work in a billet where you can learn new things with support from your supervisor, and have enough time off (and money) to try every recreational sport on the island. Or you might want to attend college at night if your duty schedule allows.

Spouse Goals

Jobs are available for most spouses. As this edition of the Handbook goes to press, Hawai'i has the lowest unemployment rate in the U.S. The **Employment Section** of this Handbook covers jobs and available help finding one. Some spouses work here not just to make ends meet but to enjoy trips to the neighbor islands or visit family on the mainland. Attending college is another option many spouses take advantage of. See the **Schools Section** of this Handbook for listings.

Most People Say It's a Great Place to Live

If some of the things you've read may have alarmed you (e.g., insects, high expenses), rest assured that surveys consistently show that over 75 percent of members and their families are **somewhat** or **very satisfied** with their tour in Hawai'i. Just wait till you meet the wonderful people, the countless rainbows you'll see, whales breaching in plain view, delicious food, luau parties with hula shows, the pure fresh air, military and civilian recreational opportunities, great golf courses, the cooling tradewinds, and many other features. The local people have a saying: "Lucky you live Hawai'i."

Your Duty Station

We haven't commented on probably the most important part of your tour --your actual duty station. Regardless if you are ashore or afloat, the overall working conditions in Hawai'i are probably the best in the Coast Guard. The combination of natural island beauty, the aloha spirit, our civilian and local counterparts, the beautiful year-round weather and our geographic isolation make this assignment a very unique and satisfying experience!

Ethnic Diversity

You may not be used to being surrounded by a majority of ethnic Japanese, Chinese, Filipino, Hawaiian, Portuguese, Korean, and other people (and mixes thereof). During your tour, you'll meet a lot of local people who will smile and help you feel comfortable here. On the other hand, you could also meet some local people who'd rather not socialize outside their own immediate family and never invite you or your children over for a party.



Here are some hints to get acclimated fast and relatively painless:

- ◆ Taking the first step to show your *aloha* spirit pays off. If you have an overly abundant avocado or papaya tree in your yard, take a bag over to your neighbor.
 - ◆ If you host a party, invite your neighbors and make it potluck. Most people love to share their favorite dishes.
 - ◆ Take your shoes or slippers off before entering a house.
 - ◆ Don't get upset if you said 5:00 p.m. and they arrive 5:45 p.m. "Hawaiian time" is more relaxed.
 - ◆ Drivers in Hawai'i don't honk their horn; it's considered rude. And they don't cut drivers off. Allow others to merge and you'll usually get a smile and wave.
 - ◆ However: BE AWARE: some drivers frequently run through red traffic lights.
 - ◆ Don't refer to the mainland as "the states" or "the U.S." Hawai'i has been the 50th state since 1959, and local people get offended if you imply this isn't part of the USA.
- ◆ You may not be able to differentiate between a Samoan, Tongan, or a Hawaiian when you first arrive. Visiting the Polynesian Cultural Center is a great way to get acquainted with Pacific Island cultures.
 - ◆ Try the local food, especially if you're a guest at someone's house. Although poi (mashed taro root) takes a little getting used to, some food tastes great from the start (like lomi-lomi salmon, kalua pig, chicken long rice, shoyu chicken).
 - ◆ Get some aloha wear. For men, that means an aloha shirt and for women, a muumuu (a loose, long garment). Every Friday is called Aloha Friday, and businesses all over the islands wear aloha attire instead of business suits or dresses. Casual wear after working hours for many people seems to be slippers, shorts, and t-shirts!

Culture Shock

The previous section mentioned some of the differences that you may experience with a tour in Hawai'i. The following article on *culture shock*, excerpted from Dr. Gregory Trifonovitch's seminar on cross-cultural orientation, will explain some of the disorientation that affects nearly everyone who comes to Hawai'i.

Culture Shock Defined

"Culture shock" is a term used to describe the anxiety that is commonly experienced by virtually everyone who attempts to go about his or her daily affairs in the absence of familiar patterns of communication and social interaction.

This most frequently happens when a person visits another culture for an extended period of time. The visitor's expectations, as shaped by the

hidden dimensions of the home culture, clash with the expectations of his or her hosts, as shaped by the hidden dimensions of their culture.

This clash of expectations tends to make the visitor want to "fight or flee" as a way of coping with the confusion, frustration, isolation, and homesickness that characterize most cases of culture shock.

Culture shock does not necessarily occur only following prolonged interpersonal contact with culturally different people. For some people, the absence of familiar food or the need to become accustomed to different sleeping habits can be sufficient to cause culture shock.

Stages of Culture Shock

There are stages to culture shock. After an initial period of energy, you may find yourself with less energy, more interested in watching television than going out for a walk. You may find yourself thinking more about home and making comparisons between home and Hawai'i. You may also feel lonely, away from your family and friends. This is the beginning stage of culture shock.

During the middle phase, you may find you have even less energy, almost none at all. You may want to sleep all the time or eat when you're not hungry. You may withdraw from people and activities around you. You will begin to glamorize your own home in your thoughts, remembering only the best things about it. You may find yourself getting irritated over minor things, things that never seemed to bother you before. As you think about the comparisons between the two places and their peoples, you might find yourself making value judgments, being critical because Hawaiians do not do things the way you do them, when that way seems obviously better.

You can decide when to end culture shock. When you come to the realization that you are a visitor spending probably a short time of your life in Hawai'i, that you are not a Hawaiian and do not have to act like one, you will be coming to the end of your culture shock.

Symptoms of Culture Shock

Mainland visitors experience culture shock in varying degrees, some hardly notice it at all. Below are some of the common symptoms of culture shock:

- ◆ You may feel isolated and frustrated.
- ◆ You may become nervous and excessively tired.
- ◆ You may sleep a lot, even after you should have recovered from jet lag.
- ◆ You may be excessively homesick. It is normal to miss your home, your family and friends, but if you are thinking of nothing else and writing letters all the time, perhaps even crying a lot, you are probably suffering from culture shock.
- ◆ You may feel hostile toward Hawai'i as the cause of your discomfort. Minor irritations may make you inordinately angry.
- ◆ You may become very dependent on your fellow countrymen. Of course, these friendships are important and extremely supportive. However, if you make friends exclusively from among your fellow Coast Guard members and families, you will deny yourself one of the main benefits of your assignment -- meeting, interacting with and making new friends from Hawai'i.

Coping with Culture Shock

Almost all visitors must cope with culture shock to some degree. The following suggestions may be helpful:

- ◆ Maintain your perspective. Remember that thousands of Coast Guard members and their families have served in Hawai'i and they have survived.
- ◆ Evaluate your expectations. Your reactions to Hawai'i will be products both of the way things are and the way you expected them to be. If you feel confused or disappointed about something, ask yourself: What did I expect? Why? Was my expectation reasonable? If you determine that your expectations were not completely reasonable, you can do much to reduce the amount of dissatisfaction and unhappiness that you feel.
- ◆ Keep an open mind. People in Hawai'i may do or say things that people in your state would not do or say. Try to understand that people are acting according to their own set of values, and that these values are born of a culture different from yours.
- ◆ Do not withdraw. Withdrawing to immerse yourself in your work is not a good solution. You must face things.
- ◆ Get involved in activities sponsored by the military and civilian community such as craft fairs, music concerts, sporting events, talent shows, etc.
- ◆ Seek help. If you continue to have personal adjustment problems, call your Work-Life staff for a free counseling referral; or, if you prefer, just call EAP at 1-800-222-0364.

Residential Neighborhoods on Oahu

Government Versus On-the-Economy Housing

The biggest concern families is what type of housing they will be able to obtain. As you will read in the **Family Housing Section**, Government-owned housing on Oahu, as of 1 Oct 2004, has been privatized. Army Hawai'i Family Housing now operates, manages and maintains all 318 Red Hill houses.

Housing is **not** available to all accompanied members. Only about 43% of our accompanied members reside at Red Hill; the rest are in DoD-owned and Coast Guard leased housing. And 45% reside within the civilian community.

If Government-owned housing isn't available, and you are directed to obtain housing on the economy, you can obtain a nice rental in a good area. Most members living on the economy like it. You can select where you want to live, and there are desirable locations like Mililani, Aiea Heights, Kailua, Waipio Gentry, Hawai'i Kai, or other areas.

Budgeting your money carefully is important when living on the economy—most members report spending more for rent than they receive in housing allowances. BAH (and BAQ before it), by law, are not intended to pay 100% of rent.

There are many interesting places to live on Oahu, both on the Leeward side (away from the prevailing winds) and the Windward side (facing the prevailing winds).

The Leeward side tends to be drier, more built up, has more shopping and military installations, and a busier, more cosmopolitan flavor.

The Windward side is over the Ko'olau mountain range, and is

reached via three highway tunnels (or by driving around the East Side of the island). It rains more, the

community near Air Station Barbers Point. Single family, townhouses, and some apartment rentals.

Approximate Oahu Costs! (2008)

Item	Supermarket	Commissary
Milk, 2%, gallon	6.99	4.52
Beef, ground, lean (82%)	4.79	2.08
Premium Beef Hot Dogs (16oz)	4.99	1.79
Cheerios (18 oz)	5.69	3.36
Aluminum Foil (75 sq ft)	4.79	2.10
Breyers Ice Cream (1/2 gal)	6.99	2.99
Iceberg lettuce (lb)	1.39	0.69
Tomatoes (lb)	2.99	0.82
Mushrooms (8 oz pkg)	3.29	1.89
Bread (24oz)	2.79	1.22
Bananas (lb)	1.29	0.45
Eggs (dz)	2.99	2.39
Tuna (6.0 oz)	1.69	0.99
Peanut Butter (28 oz)	6.29	2.59
Spaghetti (1 lb)	1.99	0.78
<hr/>		
	Economy	Exchange
Reg. Unleaded Gas (gal)	\$3.41	\$3.30

Notes:

1. Price survey in Honolulu, Hawai'i with identical brand name items (where possible).
2. All items listed reflect regular prices with Hawai'i 4.167% sales tax for civilian supermarkets and 5% surcharge for military commissary.
3. Promotional items were not included.
4. When shopping in civilian supermarkets, using store brand merchandise or buying "on sale" items could reduce item price.

Membership discount bulk stores (e.g., Costco, Sam's Club). Most items are available only in multi-packs or larger quantities.

pace is a little slower and the residential areas are less congested. Here's more details:

Leeward Side

Aiea Heights - residential area close to military facilities, Pearl City shopping.

Diamond Head - expensive residential area. Close to shopping and beaches, Waikiki and Kapiolani Community College.

Ewa Beach - newer residential

Foster Village - residential community close to Red Hill and military facilities. Single family housing rentals.

Hawai'i Kai - near Hanauma Bay, Koko Marina shopping center, Costco wholesale.

Kapolei - new "second city" development, mostly single family and townhouses, near Air Station.

Makakilo - newer residential area above Ewa beach.

Makiki - close to downtown, least

expensive apartment rental close to downtown Honolulu.

Manoa - expensive residential area by the University of Hawai'i.

Moanalua Valley - established community of older homes, close to Red Hill Coast Guard housing area.

Mililani - popular residential planned community, near Schofield Army Barracks off highway H-2. Single family and apartment rentals.

Pearl City - mixed area of residential and rental apartments. Near major shopping center Pearl Ridge, Sam's Club, and Leeward Community College.

Red Hill - the main Coast Guard family housing area. Close to Aliamanu Army housing area, Aloha Stadium, Tripler Hospital, Navy exchange and commissary, Costco, K-Mart. Surrounding communities include Moanalua, Aiea, and Salt Lake.

Salt Lake - near Red Hill and Pearl Harbor area, numerous high rise apartment buildings. Close to shopping and military facilities. Coast Guard leased housing in this area.

Waikale - newer residential area near Ewa Beach. Near new shopping center complex.

Waikiki - center of main tourist section, mainly hotels mixed with some residential high rise apartments. Close to tourist beaches, entertainment, U.S. Army Fort De Russy recreational area including Hale Koa hotel.

Wailupe - Coast Guard housing area. Near Diamond Head area for shopping and beaches.

Waipahu - older residential area of single family houses, townhomes, and apartments.

Windward Side

Kailua community, mostly single family, near great beaches, relaxed atmosphere.

Kaneohe - adjacent to Kailua, also residential community, mostly single family with easy-going atmosphere. Adjacent to Marine Corps Base Hawai'i.

Shopping, Etc.

Shopping facilities on Oahu are numerous. Besides the fine military facilities, there are numerous malls. The following six are the largest:

1. **Ala Moana Center** – Shoppers enjoy an abundance of choices among the more than 230 stores. Live entertainment and an international food court with more than 20 eateries add to the immense appeal of the beautifully landscaped, open-air center, which welcomes more than two million visitors each month.
www.alamoana.com
2. **Pearlridge Center** – With more than 170 stores, it is Hawai'i's largest enclosed shopping center. More than 40 food vendors, a miniature golf course, two arcades and a 16-screen movie theater. Oahu's only monorail whisks you between the center's Uptown and Downtown sections, which are separated by a large, historic watercress farm.
www.pearlridgeonline.com
3. **Windward Mall** - in Kaneohe, large stores include Sears, Macy's, food court, and cinema multiplex.
www.windwardmallhawaii.com
4. **The Town Center of Mililani** - large stores include Wal-Mart, and a home improvement center.
www.towncenterofmililani.com
5. **Waikale Premium Outlets** – A bargain hunter's dream. More than 50 brand-name outlet stores, you'll save every day on big names in fashion and home furnishings. Typical markdown range from 25 to 65 percent off retail prices.
www.premiumoutlets.com/waikale

6. **Kahala Mall** - combines some of the biggest names with unique local boutiques – more than 90 shops, plus an eight-screen movie theater and lots of places to eat. The upscale center also hosts a full calendar of year-round entertainment and special events such as holiday celebrations, fashion shows, and performances by local musicians.
www.kahalamallcenter.com
7. **Victoria Ward Centers** – Two-block shopping area includes Ward Centre, Ward Warehouse, Ward Village Shops, Ward Gateway Center, Ward Farmers Market and Ward Entertainment Center, with its 16-screen megaplex and a midway of high-tech amusements.
www.victoriaward.com

Dealing with Insects

A lot of newcomers have asked for advice on dealing with insects in Hawai'i. Those of you who live in military housing usually have quarterly pest control spraying for the exterior of quarters; bi-monthly for interior of quarters. For those of you living on the economy, the following is excerpted from a October 22, 1995 Honolulu Advertiser article titled: "How to Keep Isle Critters from Driving You Buggy."

How to Keep Island Critters from Driving You Buggy

Bugs are here for the same reason we are: no killing frosts. Yet we rail against them with our Raid and rubber slippers, praying for divine deliverance or at least a better way to keep them at bay.

Lots of local folks still grit their teeth when faced with the advance of the Ant Brigade or that roach the size of a date skittering across the wall. But nothing compares with the shock and revulsion of a newcomer.






"The flying roaches were flying over head and got caught in my hair," said a recent arrival to Hawai'i Kai from Southern California. "They *really* did a number on me."

The following is a digest of information from a book titled *What's Bugging Me*, by local authors JoAnn Tenorio and Gorden Nishida.

For most insect problems, prevention works better than almost any cure and rushing to heavy chemicals also kills some pests' natural enemies.

"The bad guys, they come back first," said Nishida. "If the good guys aren't there in enough numbers to control them, you have a population explosion and then you have a real problem."

There's good news mixed with the bad. "We have more benign bugs than most of the other states do. We don't have ticks carrying Lyme disease or babesiosis, or disease-carrying mites," Tenorio said. "But what we have, we've got a lot of."

HAWAII INSECT IDENTIFICATION AND CONTROL GUIDE			
Insect	What It's Like	Keeping Them Away	Control
 <p>Cockroach</p>	<p>There are 19 species in Hawai'i. Partly hardened front wings, clear hind wings. Active at night (you should worry if you spot lots in the daytime. Drops feces and egg cases in various places. Will feed on almost anything. Carries disease organisms, but not proven as a disease spreader.</p>	<p>Keep your house very clean. Wipe up crumbs, wash dishes, immediately, store food in sealed containers. Throw out uneaten pet food. Vacuum frequently and dispose of vacuum in sealed plastic bag. Ensure that screens, windows and doors fit properly. Seal areas around plumbing where they may enter.</p>	<p>Dust with boric acid, diatomaceous earth or silica aerogels. Use bait stations containing hydramethylnon (like Combat), as many as you can afford in kitchens and bathrooms for heavy infestations. Place them in corners or close to walls or appliances. Exterminators can help reduce populations, allowing you to begin proper control. Sticky roach traps (motels) can help monitor roach population.</p>
 <p>Ant</p>	<p>There are 42 species in Hawai'i. Some varieties bite and/or sting</p>	<p>Keep the kitchen clean. Store food in sealed containers. Remove crumbs from pet dishes. Rinse food from containers before disposal.</p>	<p>Follow ant trail to source. Wipe away ants with soapy sponge, then tape or caulk entry holes. Chemical sprays offer only short-term relief. Instead, line crevices with desiccants like silica aerogels or other dusts like diatomaceous earth, boric acid, or pyrethrin. Use bait traps. ("Terro" works great!) If you know what your ants like, use a toothpick to add some of their favorite food inside the trap.. Treat outdoor nests with soapy or oiling water, insecticide soap, diatomaceous earth or pyrethrin. Professionals can help find the nest.</p>
 <p>Hawaiian Carpenter Ant</p>	<p>Up to about half-inch long. Can bite painfully. Some have wings and swarm during summer nights; often confused with termites. Nests in wood (like dead trees or inside hollow-core doors). Sometimes favors paper products and fabric. Feeds at night on insects, most household food - but not wood.</p>	<p>Clear yard of rotting trees, branches, stumps, and debris piles. Make sure trees and bushes don't touch the house and provide an ant bridge. Eliminate moisture sources that invite wood rot and carpenter ants.</p>	<p>Monitor for "frass," a saw dust-like byproduct of their chewing. Trace the nest and eliminate or treat. Inside nests: use Resmethrin (Term-out). Desiccant dust like silica or diatomaceous earth works more slowly. Outside nests: Pesticides using Dursban or diazinon (Spectracide). An exterminator can help treat inaccessible nests.</p>
 <p>Centipede</p>	<p>Up to nine inches long. Reddish-brown adults, blue orange young. 22 pairs of legs. Eats cockroaches and other bugs. Stings with poison glands on front pair of legs.</p>	<p>Remove hiding places (rocks, trash piles, and ground covers). Get rid of roaches and other potential prey.</p>	<p>If you must stomp, wear shoes! A perimeter of general insecticide may work, but it's slow and may drive them toward the house. Caulk or seal cracks that let them in the house. Re-landscape to minimize hiding and breeding areas.</p>
 <p>Termites</p>	<p>As if the dog days of Island summers aren't bad enough, there's Termite Night. After the sun finally sets on some hot, humid, still days between May and July, you'll switch on the lights, and there they'll be. Termites. Lots of them, swarming around lamps attracted by the light. Termites swarm when it's time for them to mate and start a new colony. Within 10 to 30 minutes they'll doff their wings (the next morning, wings will litter the ground) and drop to the ground. Male and female pairs can be seen running off in tandem. If there's wind, the termites won't swarm because they don't fly very well, or very far. They usually stay within a quarter mile radius of their last nest. But it is how they spread to a new area, so if you see them, little alarms should go off in your head. Has this place been inspected for termites recently? Treatment usually means tenting and fumigating the whole house. But for tonight, just switch off the house lights. Tomorrow, call the professionals.</p>		